

Make Your Sleep Study a Success



Before You Arrive

SHOWER, WASH YOUR HAIR, AND PLEASE BE CLEAN SHAVEN (Unless you have a beard or mustache.)
REMOVE ALL FINGERNAIL AND TOENAIL POLISH (Polish interferes with the results of the study.)
REMOVE ALL TOUPEES, HAIR WEAVES/EXTENSIONS AND WIGS (The conductive paste used to apply the leads may not adhere to the product and could cause damage.)



3 Hours Prior to Your Study

AVOID APPLYING BODY, HAIR AND HAND LOTIONS/OILS (They prevent the leads from attaching properly to your scalp and body which causes unnecessary delays for you as they must be scrubbed off before your study begins.)
EAT YOUR REGULAR MEALS
AVOID CAFFEINE
ALCOHOL (If you consume alcohol daily, continue your normal schedule. For your safety, please make arrangements for someone else to drive you to the Sleep Centers of Middle Tennessee.)



Avoid These Common Sleep Study Mistakes

DON'T NAP THE DAY OF THE STUDY (We want you to get the best sleep possible during the study.)
DON'T BRING YOUR OWN BEDDING. (No outside blankets or pillows are allowed.)
DON'T WEAR A NIGHTGOWN OR SLIPPERY MATERIAL SLEEPING ATTIRE (Wear comfortable, loose-fitting two-piece sleepwear. Lounge shorts/pants and a t-shirt or a two-piece pajama set are required.)
REFRAIN FROM USING YOUR CELL PHONE/ELECTRONIC DEVICE (They interfere with your ability to sleep and conduct an accurate test. Your technician will strongly encourage you to turn off ALL electronic devices when your sleep study begins.)



What to Bring

A GOVERNMENT-ISSUED PHOTO ID (Driver's License or Passport)
PRESCRIPTIONS & YOUR USUAL OVER-THE COUNTER MEDICATIONS (Bring all prescription and non-prescription medications (like Tums or Aspirin) taken in the morning or before bed. We are not permitted to dispense any of these medications to you.)
TOILETRIES (Bring all items you need prior to bedtime (toothpaste/tooth brush, hairbrush) and after the study (shampoo/conditioner, lotions or oils). Your room may have a private bathroom with a shower if you previously request it. We recommend that if you need to go somewhere directly after the study, you should be prepared to shower as the conductive paste leaves residue behind on your hair, scalp and body.)
SNACKS (Please bring snack and drinks (no caffeine) that you require consuming before the study begins.)



If you cannot attend your appointment, please call our office at least 24 hours in advance to reschedule. Missed appointments without notification may result in a \$25.00 fee.

Questions? Concerns? We're available to help M – F 8:00am – 5:00pm (615) 893-4896.

Directions from I-65

- Take **Exit 67** for W. McEwen Drive
- Turn right onto **Mallory Lane**
- Turn left onto **Jordan Road**
- Turn right onto **Aspen Grove Drive**
- Take 2nd driveway on right into **3326 Aspen Grove Dr. (Lincoln Square)**
- Continue with a slight right toward **Building B**
- Turn left into **Building B Parking Lot**
- **Suite 260** is approximately in the center of Building B (Suites not in order)

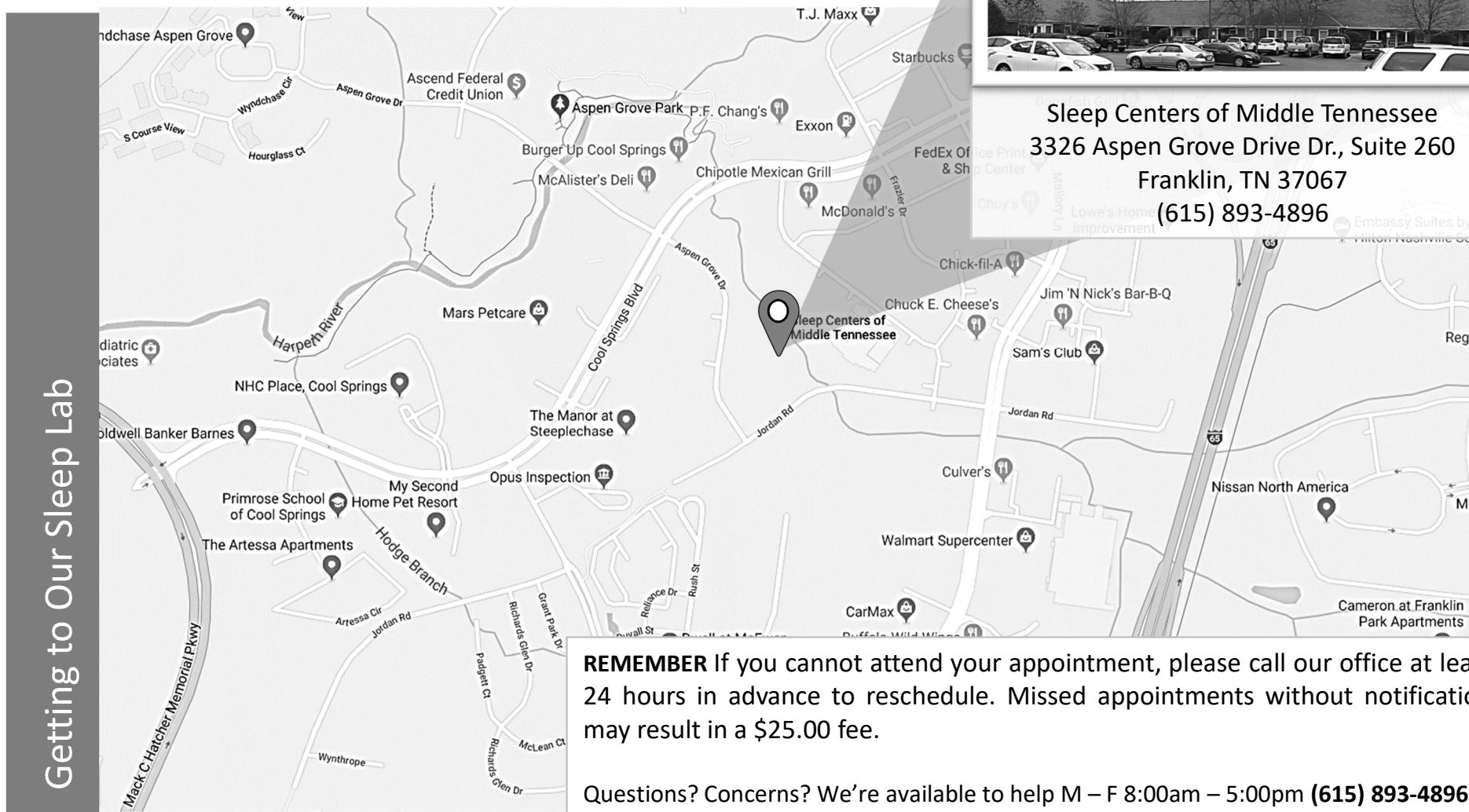


Aspen Grove complex as seen from the road

Continue to the right at the entrance
Bldg. B, Suite 260 will be on your left



Sleep Centers of Middle Tennessee
3326 Aspen Grove Drive Dr., Suite 260
Franklin, TN 37067
(615) 893-4896



Getting to Our Sleep Lab

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